You need to start by identifying if you have the right database structure. If you have a collection of teams, and a collection of players, then in order to identify which players can be members of which teams you have a classic many-to-many situation where a team can have many players and a player can belong to many teams. No database can support a many-to-many relationship, so you have to implement a pair of one-to-many relationships with a "link" or "intersection" table in the middle. So you would end up with a structure such as this:

TEAM => MEMBER <= PLAYER

where TEAM => MEMBER is one-to-many and PLAYER => MEMBER is one-to-many.

This then allows you to have such tasks as "Show me all the PLAYERS who are members of TEAM x" and "show me all the TEAMS to which PLAYER x is a member"

This is precisely the situation for which I developed the ADD3 pattern?